What is claimed is:

1. A method of processing data comprising the steps of:
   (a) copying a digital video data block containing said data from a storage medium;
   (b) extracting said data from said digital video data block; and
   (c) formatting said data in a format other than the format of said digital video data block.

2. The method of claim 1 wherein said storage medium comprises a digital video tape.

3. The method of claim 1 further comprising the step of copying said formatted data to a payload portion of an isochronous data transfer packet.

4. The method of claim 1 wherein the step of copying said digital video data block from said storage medium comprises the steps of:
   (a) copying said digital video data block to a payload portion of an isochronous data transfer packet; and
   (b) extracting said digital video data block from said isochronous data transfer packet.